

Shrimp Egg Rolls



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.3 teaspoon five-spice powder
- ☐ 4 teaspoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups coleslaw mix (from 16-oz bag)
- ☐ 1 cup bean sprouts fresh
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.5 teaspoon ginger grated

- ☐ 0.5 cup shrimp cooked finely chopped
- ☐ 1 serving vegetable oil for frying
- ☐ 8 wonton skins (from 1-lb package)
- ☐ 1 eggs beaten
- ☐ 1 serving sauce

Equipment

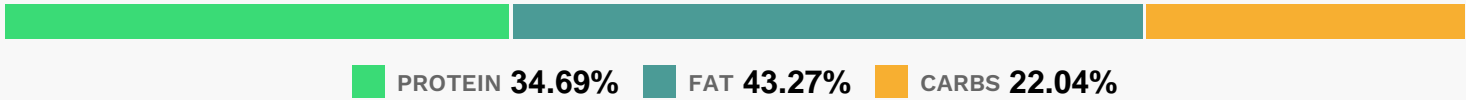
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok
- ☐ dutch oven
- ☐ deep fryer

Directions

- ☐ In small bowl, combine cornstarch, five spice powder and soy sauce; blend well. Set aside.
- ☐ In large skillet or wok, heat 1 tablespoon oil over medium-high heat until hot.
- ☐ Add coleslaw mix, bean sprouts, onions and gingerroot; cook and stir 3 to 4 minutes or until tender.
- ☐ Add shrimp and cornstarch mixture; cook and stir 1 to 2 minutes or until mixture is thoroughly coated.
- ☐ Remove from skillet; cool to room temperature.
- ☐ In deep fryer or 4-quart Dutch oven, heat oil (3 to 4 inches) to 350°F.
- ☐ Meanwhile, place 1 egg roll skin on work surface with 1 corner facing you. (Cover remaining skins with damp paper towel to prevent drying out.)
- ☐ Place 1/4 cup coleslaw mixture slightly below center of egg roll skin. Fold corner of egg roll skin closest to filling over filling, tucking point under. Fold in and overlap right and left corners.
- ☐ Brush remaining corner with egg; gently roll egg roll toward remaining corner and press to seal. (Cover filled egg roll with damp paper towel to prevent drying out.) Repeat with remaining egg roll skins and coleslaw mixture.

- ☐
- Fry egg rolls, a few at a time, in oil 4 to 6 minutes. turning once, until golden brown.
- ☐
- Drain on paper towels.
- ☐
- Serve with Sweet-and-Sour Sauce.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:5.1899999406027%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 60.58kcal (3.03%), Fat: 3.03g (4.66%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.79g (1.99%), Cholesterol: 45.22mg (15.07%), Sodium: 220.23mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.93%), Vitamin K: 37.78µg (35.98%), Vitamin C: 14.82mg (17.96%), Folate: 27.08µg (6.77%), Phosphorus: 63.18mg (6.32%), Manganese: 0.1mg (5.23%), Copper: 0.1mg (4.77%), Fiber: 1.18g (4.71%), Potassium: 136.52mg (3.9%), Vitamin B2: 0.06mg (3.59%), Magnesium: 14.33mg (3.58%), Vitamin B6: 0.07mg (3.57%), Iron: 0.56mg (3.12%), Calcium: 30.24mg (3.02%), Selenium: 1.91µg (2.73%), Zinc: 0.4mg (2.7%), Vitamin B1: 0.04mg (2.47%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.3mg (2%), Vitamin A: 82.18IU (1.64%), Vitamin B3: 0.31mg (1.55%)